
“Festive Family Thanksgiving Cookbook”

Spinach Sauté

Serves 8, Preparation time 20 minutes, Cooking time 10 minutes

½ of a 16 oz. package of frozen spinach (8 oz.)	1 cube chicken broth
2/3 cup of water	1 medium onion, cut in strips
2 medium tomatoes, sliced, cut in strips	½ tsp. Seasoning Salt Substitute
2 cloves minced garlic	1 cup sliced mushrooms
2 Tbs. dried parsley	½ tsp. basil
½ tsp. dried oregano	½ tsp. black pepper

Combine the spinach, chicken broth cube, and water in a frying pan. Cover and cook on medium heat. The cube will dissolve while cooking. Braise spinach for 5 minutes.

Add all other ingredients to the spinach and simmer covered for another 5 minutes. Stir occasionally to mix flavors.

OPTIONS: Add other vegetables that cook quickly like celery, corn, or carrots.

Nutrition Facts Per Serving: 29 Calories, 171 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“This is a spicy blend of vegetables and herbs guaranteed to please the entire family. It’s a tasty side dish, but can be served with rice for a delicious vegetarian entrée”

Diane Wayne, MS, RD

